

Health

2.PCH.1.1 Recall the benefits of good dental health

Materials:

- Internet connection
- link to video “Teeth” from Kids Health (also a Spanish version)
<https://kidshealth.org/en/kids/teeth-movie.html?WT.ac=k-ra#catmovies>
- Appendix A – Memory Matching Game
- Appendix – Brushing & Flossing Calendar

Background content on foods and dental health from Mouth Healthy, American Dental

Association: <https://www.mouthhealthy.org/en/nutrition/food-tips>

Focus Step:

Have students seated in a circle and explain to them that they are going to pass a message to the person on their left without showing their teeth or smiling. Model for the students how to talk without showing their teeth or smiling and say, “Hi have you seen Mrs. Marbles?” The second student will respond, “No, I have not seen Mrs. Marbles, but I’ll ask my neighbor”.

This continues around the circle. If someone laughs or smiles the game temporarily stops and continues again with the student who laughed. Reassure students that there are no winners or losers and that the goal is to try to pass the message with our laughing or smiling. Ask students to share what was the most difficult part about talking this way? (e.g. they were not able to use their teeth)

Statement of Objectives:

In today’s lesson, we will learn how to practice good dental hygiene. We will also learn basic facts about our teeth and good dental health.

Teacher Input:

As you learned through our activity, our teeth are very important in forming words and allowing us to speak, they give our mouth structure so we can smile or laugh and our teeth play a very important role in helping us chew and eat the healthy foods we need every day.

Inform students that they all have two sets of teeth. Most of them have already lost some of their primary teeth and they will continue to lose them until they are about 12 years old. After that they will have their permanent teeth. The habits that they have now will help to keep their permanent teeth healthy through their lifetime.

Go to Kids Health webpage and play the video Teeth (3:43) <https://kidshealth.org/en/kids/teeth-movie.html?WT.ac=k-ra#catmovies>

Ask the following questions:

- How many teeth do we have when we are young?
- How many teeth do most people have by 21?
- What do our teeth do?
- How should we take care of our teeth?
- How often should you brush your teeth?
- How often should you floss your teeth?

- What foods are good for your teeth?
- What foods are less healthy for your teeth?

Assessment

Using the questions and answers from the Memory Matching Game (Appendix A), copy and cut into sets of cards. Make enough sets that groups of four can play. Provide the following instructions:

- Shuffle your cards then lie all of them facedown. The youngest student in your group will go first then you will go clockwise.
- On each turn, a player turns over any two cards (one at a time) and keeps them if the cards have matching questions and answers (ask me if you're unsure)
- If you successfully match a pair, they get to keep the cards, and get another turn.
- When a player turns over two cards that do not match, those cards are turned face down again (in the same position) and it becomes the next player's turn.
- The trick is to remember which cards are where
- The person with the most pairs at the end of the game wins.

After each group has finished ask students to share five facts with you. Distribute Appendix B, Tracking my Toothbrushing! and ask students to keep track of their dental health practices for one week.

They are to use the following instructions for the chart: If you brush your teeth or floss, draw a smiley face in the box under the correct day of the week. If you do not brush your teeth or floss draw a sad face in the box for that day of the week. At the bottom students can list what they ate that was good for their teeth.

Closure:

Today we talked about teeth and how to take care of them. Remember to brush your teeth twice a day and floss one a day. Look for healthy snacks.

Appendix A
Memory Matching Game

<p>Q: How many times per day should you brush your teeth?</p> <p>A: 2, Day and night and if possible, after sugary snacks or beverages</p>	<p>Q: What type of toothbrush should you use?</p> <p>A: Soft - Show different types: soft, medium, and hard. Soft and straight bristles are the best for our teeth and gums</p>
<p>Q: Who should you share your toothbrush with?</p> <p>A: No one. Spreads germs and diseases. Keep your toothbrush in a clean area and do not share with anyone.</p>	<p>Q: What do you use with the toothbrush to help clean the teeth?</p> <p>A: Toothpaste, ideally toothpaste that contains fluoride. Do not eat or swallow, spit it out. You need <i>just a dot, not a lot</i> of toothpaste to clean your teeth, about the size of a pea.</p>
<p>Q: What do you use to clean in between your teeth?</p> <p>A: Floss</p>	<p>Q: How often should you floss?</p> <p>A: At least once a day, with the help of an adult</p>
<p>Q: What foods should you eat to keep your teeth healthy and strong?</p> <p>A: Fruits, vegetables, dairy products, foods low in sugar</p>	<p>Q: How often should you visit the dentist to get your teeth cleaned?</p> <p>A: Twice per year or every 6 months.</p>

Q: What could happen to your teeth if you do not take care of them?

A: Cavities, or small holes in your teeth

Q: What is the yellow material that can build up on your teeth if you do not brush and floss?

A: Plaque, is a sticky clear film on your teeth that can only be removed by using toothpaste, not just water

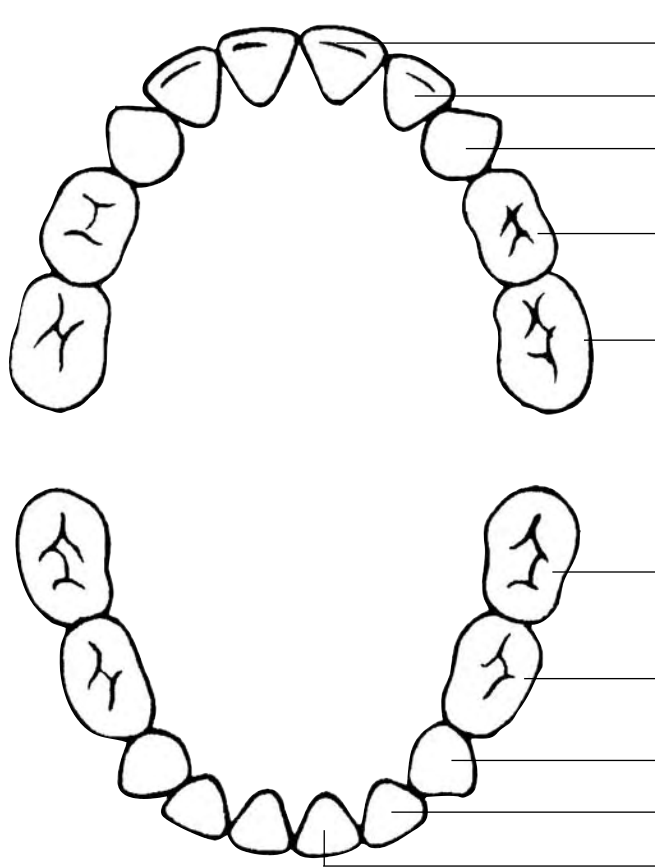
Tracking my Toothbrushing!

If you brush your teeth or floss, draw a smiley face in the box under the correct day of the week. If you do not brush your teeth or floss draw a sad face in the box for that day of the week.

I Brushed my teeth	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning							
Night							
I Flossed							

What foods did you eat that were good for your teeth?

Primary Tooth Development



Upper Teeth		Erupt	Shed
Central incisor		8-12 mos.	6-7 yrs.
Lateral incisor		9-13 mos.	7-8 yrs.
Canine (cuspid)		16-22 mos.	10-12 yrs.
First molar		13-19 mos.	9-11 yrs.
Second molar		25-33 mos.	10-12 yrs.
Lower Teeth		Erupt	Shed
Second molar		23-31 mos.	10-12 yrs.
First molar		14-18 mos.	9-11 yrs.
Canine (cuspid)		17-23 mos.	9-12 yrs.
Lateral incisor		10-16 mos.	7-8 yrs.
Central incisor		6-10 mos.	6-7 yrs.